

Expedition Module

Learning Outcomes

Session	Learning Outcomes
Introduction	<p>By the end of this session leaders will be able to recall:</p> <ul style="list-style-type: none"> • The structure of the course • The requirements for assessment
Tents	<p>By the end of this session leaders will be able to:</p> <ul style="list-style-type: none"> • Describe the physical aspects of a good site • Discuss the pros and cons of common tent design • Pitch and repack a tent • Describe best practice in terms of the Access Code
Expedition Food, Stoves & Cooking	<p>By the end of this session leaders will be able to:</p> <ul style="list-style-type: none"> • Discuss the pros and cons of different types of camping stoves • List foods that can be easily prepared in a wild environment • Employ techniques to maximise safety and efficiency of camping stoves
Expedition Clothing & Equipment	<p>By the end of this session leaders will be able to describe:</p> <ul style="list-style-type: none"> • The clothing necessary to cope with varying conditions • The protective clothing that should be worn • The equipment that will be required
Bike Set-up & Load Carrying	<p>By the end of this session leaders will be able to:</p> <ul style="list-style-type: none"> • Describe methods of carrying expedition kit using a bike • Discuss the pros and cons of panniers, trailers and rucksacks • Describe variations to bike set-up appropriate to expedition cycling • Describe good practice for packing expedition kit for a journey

Trailside Repairs	<p>By the end of this session leaders will be able to:</p> <ul style="list-style-type: none"> • Describe additional serious faults which may occur on a bike • List tools and spares that should be considered • Carry out more involved repairs such as replacing a broken spoke, adjusting a bottom bracket, adjusting cones
Planning	<p>By the end of this session leaders will be able to:</p> <ul style="list-style-type: none"> • Plan a route (route card) for an expedition • Prepare escape plans, late back procedures • Take account of significant hazards on the route • Apply weather forecasts, observations and act appropriately • Deal safely with water hazards • Describe the medical, competency and contact information that should be collected about individuals
Riding the Expedition Bike	<p>By the end of this session leaders will have practised:</p> <ul style="list-style-type: none"> • Loading and unloading the bike • Negotiating a range of terrain • Techniques to overcome obstacles
Camp-craft	<p>By the end of this session leaders will be able to:</p> <ul style="list-style-type: none"> • Select a suitable location to camp • Pitch a tent and simulate preparations for an overnight stay • Make appropriate arrangements to ensure good hygiene • Prepare a hot meal and clean cooking equipment etc • Break camp, pack, clean site
Equipment Audit	<p>By the end of this session leaders will have:</p> <ul style="list-style-type: none"> • Reviewed the equipment they have carried • Considered any additional kit to be carried • Considered anything that could be left
Review	<p>By the end of this session leaders will have:</p> <ul style="list-style-type: none"> • Evaluated their performance on the course • Received personal feedback • An opportunity to ask any outstanding questions • Completed an evaluation of the course